

Healthy Habits

December 2006

Tips for reaching and maintaining your optimum state of health

Safe Toys and Celebrations Month

The holiday season is a time for family, fun and festivity, but it also can be a time of danger. Each year many people suffer eye injuries caused by unsafe toys and unsafe celebrations.

Select the Right Gift

When choosing gifts, make sure they don't pose a hidden danger to your loved ones' eyes. Select toys and gifts appropriate for a child's age and maturity level. Avoid toys with sharp, protruding or projectile parts, and consider carefully before giving BB, paint or pellet guns, as well as rifles or darts. Most importantly, make sure children have appropriate supervision when playing with potentially hazardous toys or games.

Give Your Eyes a Sporting Chance

Participating in sports, such as basketball, soccer, baseball, football, hockey and water sports, without appropriate eye protection can lead to serious eye injuries. If giving sports equipment, be sure to include appropriate protective gear, such as helmets, facemasks or goggles with polycarbonate lenses.

Uh-oh Tannenbaum!

Watch that Christmas tree! Branches and needles can be hazardous to eyes, so be especially careful when untying your tree. The branches can quickly burst forward, hitting and injuring your eyes. Glass ornaments should also be hung out of a child's reach to avoid any potential injury. Loops of string instead of metal hooks may also remove a hazard from your tree and help protect the eyes of curious onlookers.



Find out more about eye safety at
www.aao.org

Celebration Time

If you want to celebrate with fireworks, better to attend professional fireworks displays. Never play with fireworks or allow children to play with fireworks or sparklers of any kind, because there is no safe way to handle them.

If you open champagne while celebrating the festivities, be mindful of the corks! Be sure corks are always pointed away from you and others. Prevent the cork from popping off uncontrollably by covering it with a towel and slowly turning it with a slight upward pull. If you do experience any eye injuries, seek medical attention promptly.

Optima Health wants you to have a great holiday season, but whatever you do, please remember to celebrate responsibly.

Happy Holidays
from
Optima Health!

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